

reach every student
appuyer chaque élève

Open Minds, Healthy Minds

**Ontario's Comprehensive Mental Health and Addictions
Strategy**

Supports for Ontario Students

April 2012

Special Education Policy and Programs Branch

MENTAL HEALTH IS...



“A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity”

World Health Organization

MENTAL HEALTH... EXISTS ON A CONTINUUM

Mental Health - Mental Illness **Continuum**

Health	Mental health problems	
Well-being	Emotional problems or concerns	Illness
Occasional stress to mild distress No impairment	Mild to moderate distress Mild or temporary impairment	Marked distress Moderate to disabling or chronic impairment



MENTAL HEALTH PROBLEMS... ARE PREVALENT

1 in 5 students will experience a serious mental illness...

One in Five



Every School....Every Classroom

MOST CHILDREN & YOUTH... DO NOT RECEIVE THE HELP THEY NEED

Up to 80% of children and youth who experience a mental health problem will not receive treatment

Major barriers include:

- Stigma
- Lack of local services
- Misidentification / lack of identification of symptoms



Context

- *Open Minds, Healthy Minds* is the government's comprehensive strategy to address mental health and addictions needs for all Ontarians.
 - The first three years of the strategy are focused on children and youth.
- Schools play a critical role in supporting student mental health and well-being.

Our priorities for the next three years

Fast Access to High Quality Services

- Build capacity in the community-based sector
- Reduce wait times
- Meet community needs
- Link education, child and youth mental health, youth justice, health care, and the community

Identify and Intervene Early

- Provide tools and support to those in contact with children and youth so they can identify mental health issues sooner
- Provide resources for effective responses to mental health issues
- Build mental health literacy and local leadership

Close Critical Service Gaps

- Increase availability of culturally appropriate services and serve more children and youth
 - in Aboriginal, remote and underserved communities
 - With complex mental health needs
 - At the key transition point from secondary to post-secondary education

Support System Change

- Support development of an effective and accountable service system for all Ontarians
- Build on efforts that promote evidence-informed practice, collaboration, and efficiencies
- Develop standards and tools to better measure outcomes for children and youth

OVERVIEW OF THE MHA FIRST 3-YEAR PLAN

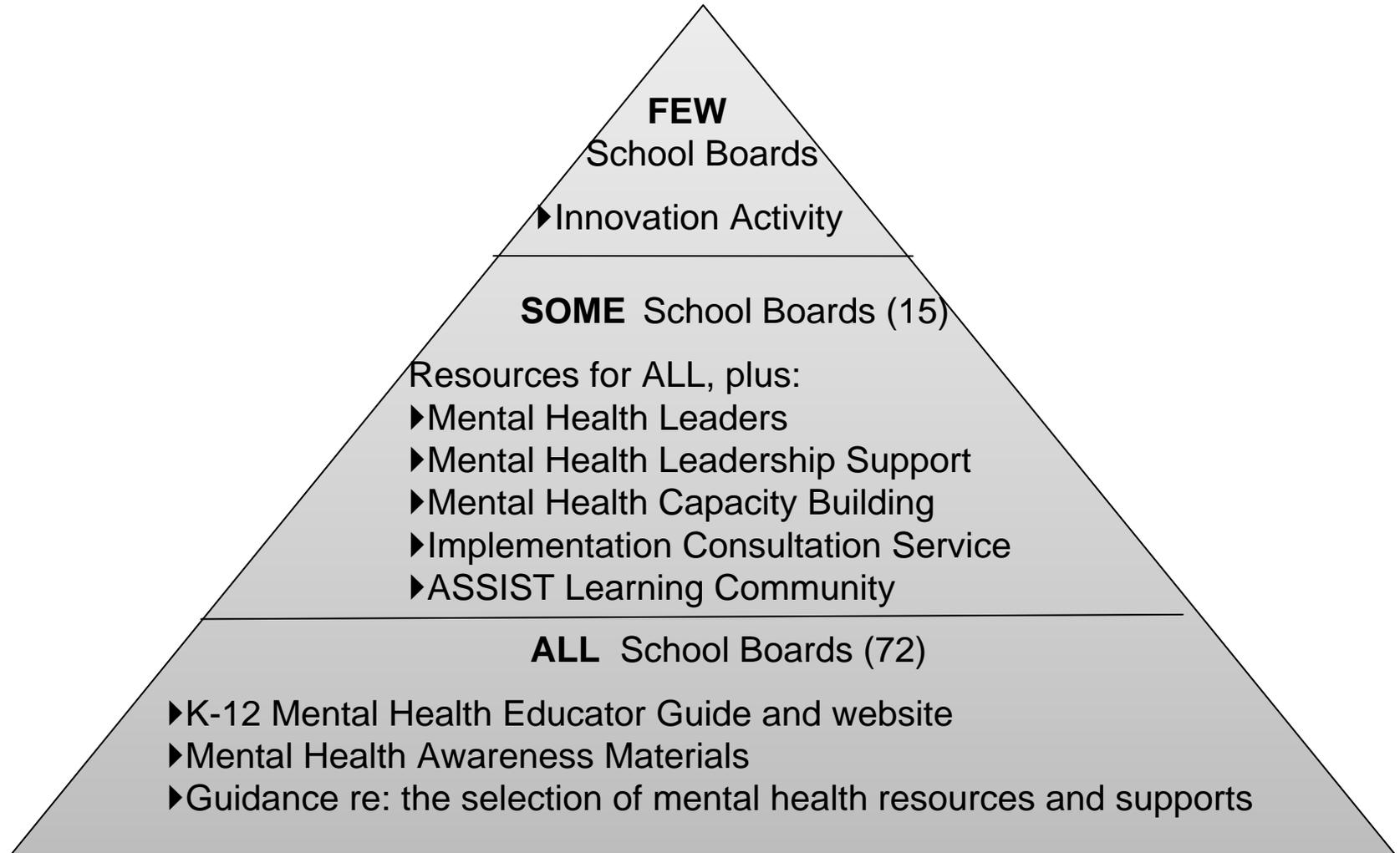
Starting with Child and Youth Mental Health

Our Vision:

An Ontario in which children and youth mental health is recognized as a key determinant of overall health and well-being, and where children and youth reach their full potential

THEMES	<p>Provide fast access to high quality service</p> <p>Kids and families will know where to go to get what they need and services will be available to respond in a timely way.</p>	<p>Identify and intervene in kids' mental health needs early</p> <p>Professionals in community-based child and youth mental health agencies and teachers will learn how to identify and respond to the mental health needs of kids.</p>	<p>Close critical service gaps for vulnerable kids, kids in key transitions, and those in remote communities</p> <p>Kids will receive the type of specialized service they need and it will be culturally appropriate</p>	
INDICATORS	<ul style="list-style-type: none"> • Reduced child and youth suicides/suicide attempts • Educational progress (EQAO) • Fewer school suspensions and/or expulsions 	<ul style="list-style-type: none"> • Higher graduation rates • More professionals trained to identify kids' mental health needs • Higher parent satisfaction in services received 	<ul style="list-style-type: none"> • Decrease in severity of mental health issues through treatment • Decrease in inpatient admission rates for child and youth mental health 	<ul style="list-style-type: none"> • Fewer hospital (ER) admissions and readmissions for child and youth mental health • Reduced Wait Times
INITIATIVES	<p>Improve public access to service information</p> <p>Pilot Family Support Navigator model Y1 pilot</p> <p>Funding to increase supply of child and youth mental health professionals</p> <p>Increase Youth Mental Health Court Workers</p> <p>Reduce wait times for service, revise service contracting, standards, and reporting</p> <p>Outcomes, indicators and development of scorecard</p>	<p>Implement Working Together for Kids' Mental Health</p> <p>Amend education curriculum to cover mental health promotion and address stigma</p> <p>Implement school mental health ASSIST program and mental health literacy provincially</p> <p>Implement Mental Health Leaders in selected School Boards</p>	<p>Implement standardized tools for outcomes and needs assessment</p> <p>Develop K-12 resource guide for educators</p> <p>Provide designated mental health workers in schools</p> <p>Provide nurses in schools to support mental health services</p> <p>Enhance and expand Telepsychiatry model and services</p> <p>Hire new Aboriginal workers Implement Aboriginal Mental Health Worker Training Program</p> <p>Expand inpatient/outpatient services for child and youth eating disorders</p> <p>Create 18 service collaboratives</p> <p>Provide support at key transition points</p> <p>Improve service coordination for high needs kids, youth and families</p> <p>Hire Nurse Practitioners for eating disorders program</p> <p>Strategy Evaluation</p>	

ASSIST Supports for School Boards



Capacity-Building Continuum

Mental Health Awareness	Mental Health Literacy	Mental Health Expertise
<p><i>Strategies for providing basic mental health information, tailored for different school board audiences</i></p>	<p><i>Strategies for ensuring deeper working knowledge for those who have a role in supporting student mental health</i></p>	<p><i>Strategies for ensuring that new SMH professionals possess the skills and knowledge to effectively provide evidence-based SMH promotion, prevention, and intervention</i></p>
<p>ALL</p>	<p>SOME</p>	<p>FEW</p>

Resources are being tailored to different education audiences (e.g., trustees, senior administrators, school mental health professionals, school administrators, school staff)



Mental Health Leaders in 2011-12

15 school boards funded to hire Mental Health Leaders :

- CSD des écoles catholiques du Sud-Ouest
- CSD du Nord-Est de l'Ontario
- CSD catholiques Centre-Sud
- Toronto Catholic District School Board
- Peel District District School Board
- Simcoe Muskoka Catholic School Board
- Trillium-Lakelands District School Board
- Hamilton-Wentworth District School Board
- District School Board Niagara
- Keewatin Patricia District School Board
- Kenora Catholic District School Board
- Algoma District School Board
- Huron-Superior Catholic District School Board
- Algonquin and Lakeshore Catholic District School Board
- Hastings and Prince Edward District School Board